

10-2009

2009 October November Newsletter

Nancy Rockey

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"Gratitude is not only the greatest of virtues, but the parent of all the others." ~Cicero



October/November 2009

Volume 34

Editor's Corner

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"To get something you never had, you have to do something you never did, and when God takes something from your grasp, He's not punishing you but merely opening your hands to receive something better. Always remember that the will of God will NEVER take you where the Grace of God will not protect you."

A friend sent this quote to me not long ago and I've been thinking about it ever since. I have spent so much time complaining, worrying, and looking at "all those other fortunate people" out there who "have it better than

me". You see, I have a plan for my life and many times it doesn't seem to be working out, at least not according to my plan.

I finally realized that my focus was in the wrong place. Instead of looking forward with eager anticipation to what God was going to do for me I was focusing on what He wasn't doing for me that I thought He ought. I decided to begin keeping a daily journal of my blessings, spending my time focusing on the positive and thus remembering to be grateful for how God

Happy Thanksgiving



was leading.. I have been amazed at how my perspective is changing. Now when something off the wall happens usually my first thought is, "wonder how God's going to use this one and sometimes it's quite surprising how he does.

What are you thankful for this year?

Audrey Woods

audrey@yourlri.com

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John F. Kennedy

Plus and Minus

There is no question that life has its ups and downs, its good and bad, its positive and negative aspects. The way we approach both makes all the difference in the world!

According to one of our favorite authors, in his book, "*Answers to questions on Christianity*," page 52, C.S. Lewis states:

"If you think of this world as a place in-

tended simply for our happiness, you find it quite intolerable; think of it as a place of training and correction and it's not so bad. Imagine a set of people all living in the same building. Half of them think it is a hotel, the other half think it is a prison. Those who think it a hotel might regard it as quite intolerable, and those who thought it was a prison might decide that it was really surprisingly comfortable. So that it seems the ugly doctrine is one that comforts and strengthens you in the end."

Silent gratitude isn't much use to anyone. ~G. B. Stern

No matter how we slice it, our perspective of the world was born when we were – or perhaps even before, while we were developing in the womb. Mother's relationship with father (or whoever impregnated her) had the greatest influence on us, and her thoughts and feelings, her world view, her happiness or lack thereof was transferred to us as we grew within her. (Read the works of Thomas Verny, MD, an expert on pre-natal development)

Then, once born, we carefully and with great sensitivity, watched what was happening around us. The first two years of our lives, we sensed, we heard, we saw, we touched and we felt the atmosphere and the objects (including people) around us, and we determined what kind of a world we lived in. Was it safe and secure or was it threatening and frightening? Our decision then, and only in our feelings because we were without vocabulary to express them, set the stage for our attitudes now.

Perspective, viewpoint, point of view, perception, picture – these are synonyms. It is a particular evaluation of a situation or facts, especially from one person's point of view. It is a measurement or objective assessment of a situation, giving all aspects their comparative importance.

From the point of view of a child who was nurtured, wanted, adored, and affectionately treated in childhood, the world is a safe place and people can, for the most part, be trusted. Conversely, a child who was unwanted, abandoned, mistreated, ignored or abused, the world and the people in it are unsafe, un-loveable and cannot be trusted. This person even doubts he can trust himself.

Are we stuck with our particular perspective on life and the people we experience? Absolutely not! Perhaps this is one of the reasons that recovery from childhood's wounds received is vital to our total well-being. The people who view the world through dark-colored, gray glasses tend to suffer from depression to a greater or lesser extent, while those who view the world through rosy-colored glasses, tend to be the

happier, the more joy-filled.

We live in a world that has been darkened or sullied due to an agenda to destroy us. God's enemy is jealous that we are, in fact, the "apple of God's eye" and His "priceless pearls." He is quite aware that if he can discourage us by life circumstances and experience, we will doubt God's existence and more specifically His personal love and care of us individually. He knows that a life apart from God is a life that ends without hope and joy. While the "pleasures of this world" might fill us temporarily, in the long run, we will look back on a life unfulfilled and without purpose.

Have you ever visited a senior residence or nursing home? Have you talked with the residents there? Some see the world through rosy-colored glasses, but many do not. They end up as grumpy old men and women, wishing that their lives had meant something; that their days had meaning and purpose and were a blessing to others, and they see no joy or happiness in the future. They see the future ahead as bleak for themselves, and for their children and grandchildren. These are seniors who need the boost of a listening ear and a sympathetic heart! They cannot seem to find anything about which to be thankful – grateful.

We are coming into a holiday season – a time when the world celebrates Thanksgiving and then Christmas and the New Year. When was the last time that you voiced being thankful for someone, for something in your life? An attitude of gratitude can do marvelous things for your well-being, physical and emotional.

In an internet article on the subject, "Co-Investigators:" Robert A. Emmons of the University of California, Davis and Michael E. McCullough, University of Miami, report:

"Gratitude is the 'forgotten factor' in happiness research. We are engaged in a long-term research project designed to create and disseminate a large body of novel scientific data on the nature of gratitude, its causes, and its potential consequences for human health and well-being. Scientists are late-comers to the concept of gratitude. Religions and philosophies have long embraced gratitude as an indispensable manifesta-

tion of virtue, and an integral component of health, wholeness, and well-being. Through conducting highly focused, cutting-edge studies on the nature of gratitude, its causes, and its consequences, we hope to shed important scientific light on this important concept. This document is intended to provide a brief, introductory overview of the major findings to date of the research project. For further information, please contact Robert Emmons. This project is supported by a grant from the John Templeton Foundation.

We are engaged in two main lines of inquiry at the present time: (1) developing methods to cultivate gratitude in daily life and assess gratitude's effect on well-being, and (2) developing a measure to reliably assess individual differences in dispositional gratefulness."

Gratitude Interventions and Psychological and Physical Well-Being

- ◆ In an experimental comparison, those who kept gratitude journals on a weekly basis exercised more regularly, reported fewer physical symptoms, felt better about their lives as a whole, and were more optimistic about the upcoming week compared to those who recorded hassles or neutral life events (Emmons & McCullough, 2003).
- ◆ A related benefit was observed in the realm of personal goal attainment: Participants who kept gratitude lists were more likely to have made progress toward important personal goals (academic, interpersonal and health-based) over a two-month period compared to subjects in the other experimental conditions.
- ◆ A daily gratitude intervention (self-guided exercises) with young adults resulted in higher reported levels of the positive states of alertness, enthusiasm, determination, attentiveness and energy compared to a focus on hassles or a downward social comparison (ways in which participants thought they were better off than others). There was no difference in levels of unpleasant emotions reported in the three groups.
- ◆ Participants in the daily gratitude condition were more likely to report having helped someone with a personal problem or having offered emotional support to another, relative to the hassles or social comparison condition.
- ◆ In a sample of adults with neuromuscular disease, a 21-day gratitude intervention resulted in greater amounts of high energy positive moods, a greater sense of feeling connected to others, more optimistic ratings of one's life, and better sleep duration and sleep quality, relative to a control group.
- ◆ Children who practice grateful thinking have more positive attitudes toward school and their families (Froh, Sefick, & Emmons, 2008).

Measuring the Grateful Disposition

- ◆ Most people report being grateful (an average rating of nearly 6 on a 7 point scale).
- ◆ Well-Being: Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress. The disposition toward gratitude appears to enhance pleasant feeling states more than it diminishes unpleasant emotions. Grateful people do not deny or ignore the negative aspects of life.
- ◆ Prosociality: People with a strong disposition toward gratitude have the capacity to be empathic and to take the perspective of others. They are rated as more generous and more helpful by people in their social networks (McCullough, Emmons, & Tsang, 2002).
- ◆ Spirituality: Those who regularly attend religious services and engage in religious activities such as prayer and reading religious material score more likely to be grateful. Grateful people are more likely to acknowledge a belief in the interconnectedness of all life and a commitment to and responsibility to others (McCullough et. al., 2002). Gratitude does not require religious faith, but faith enhances the ability to be grateful.
- ◆ Materialism: Grateful individuals place less importance on material goods; they are less likely to judge

their own and others success in terms of possessions accumulated; they are less envious of others; and are more likely to share their possessions with others relative to less grateful persons.

Bernie Siegel broke new ground with his monumental book *Love, Medicine, and Miracles*, in which he explored the powerful role the mind can play in fighting illness. Sharing stories of seriously ill patients who survived against the odds and those who seemed to give in to their own deaths, the book inspired countless readers to consider the possibilities of thinking themselves well. Siegel believed--and still does--that the power to heal comes from the human mind through will, determination, and love. Over the last 20 years, his philosophy and advice have led many physicians and other healthcare professionals to help patients participate in and influence their own recovery.

So the question is, should we endeavor to think positively? WHY NOT? It cannot do harm, so should we not at least consider doing so? Of course, in order to display happiness and joy, to be optimistic and grateful, we must first find peace within our hearts. If you were not born with it or it was not the gift of your first few years of life, then go back there and work through the experiences you remember, the insults you endured, the misery you experienced, and see how it has impacted your life. What's the sense of simply living "under the circumstances, or enduring the heavy load of pain? Marriages can be saved, your children can be spared the traumas similar to your own; you can give them the legacy of joy, contentment and happiness rather than the gloom and doom of your past and the inevitable gloom they will experience.

With the holidays approaching quickly, consider the words of Dietrich Bonhoeffer:

"God cannot endure that unfestive, mirthless attitude of ours in which we eat our bread in sorrow, with pretentious, busy haste, or even with shame. Through our daily meals He is calling us to rejoice, to keep holiday in the midst of our working day."

May your holiday turkey or "Tofurkey" remind you that gratitude is not for just one day a year, but for every moment of every day. MAKE IT HAPPEN WITHIN YOURSELF!

Free DVD

An introduction to *Binding the Wounds*, and *The Journey* with a sample clip from each segment of *The Journey*.

It is great for use in explaining to someone what these programs are all about.

To get your **FREE** copy, send your mailing address to Rockeys@itsfixable.com.

Subject line— "Free Intro DVD".

Grandparent Tribute

We asked you the readers last newsletter to tell us your experiences with/as grandparents. Following is one of those responses:

All my life I have lived far away from my biological grandparents. One set I sometimes saw once a year, for a short visit, once we moved back from Guam to the States. The other set I saw about once every five years. But, God put surrogate grandparents in my life, who have had a great influence on me.

One "grandpa" was an elderly man in the small church I grew up in. I called him Grandpa Jesse. Every week, at potluck, he would stand at the end of the table and try and take my food from me once I got through, saying, "Oh, Thank you for getting me a plate, Angel Rose." Grandpa Jesse loved me unconditionally. In that time of my life, he's the one person I knew really truly loved me. One of the big things I "learned" from Grandpa Jesse is that there are decent men in world. When he died, I was inconsolable. He's the first person I'd like to see once I get to Heaven!!

My other "grandparents" are a couple who were in Guam when my parents moved there. They've been "grandma and grandpa" to me since I was born. When we moved back to the States, they had already moved back, and we continued to see them on a regular basis. I have many wonderful memories of their house in Idaho and their cabin at Wallowa Lake. We

would spend the summer at the cabin and going off to summer camp.

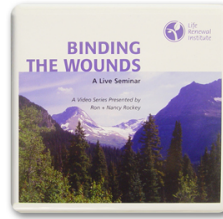
Even when they moved to Thailand, 15 years ago, they still came to see us when they came back to the States once a year. They still had me up to their cabin any time I wanted.

Now, as I write this, I am in Thailand, very near where they are. I recently had unexpected surgery, while over here, and Grandma and Grandpa Gouge drove over to where I was in the hospital, picked me up and took me home to take care of me during my recovery! Grandma made me delicious food such as only she can make. They also took me site seeing in Thailand!

Grandma and Grandpa Gouge are examples to me of how a loving married couple should look. Their love for God, and their love for each other is unlike anything I'm used to seeing. I enjoy spending my time with them, observing them, and I hope that some of it will rub off on me when I get married. They are good examples that, even after probably close to 50 years of marriage, you can still be "in love" with each other. They respect each other and live to lift each other up.

I hope, now that I'm older, to expand my relationship with my biological grandparents. But I believe very strongly in, and greatly appreciate surrogate grandparents. I believe they are a gift from God. Whether you ever had children of your own or not, you can be a "grandparent" to a child in your church, or a neighbor child, or any other child you come into contact with. I would like to encourage grandparents who may be far from their own grandchildren, and may be discouraged about it, to look for other children they can be "grandma and grandpa" to. You may never know the profound impact you may have on that child, but trust me, you are a gift to them. Mine are to me!!!

Binding the Wounds

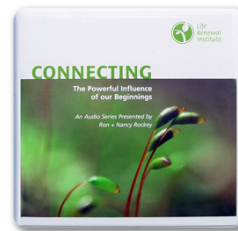


Includes one seminar outline booklet. Experience the seminar as if you were there with the Rockeys and the audience. Listen and watch as Ron and Nancy share their story and teach the principle issues facing us today.

For many people the needed relief and comfort found in God is hidden from view by the intensity of the wounds to their souls. Watch with Ron and Nancy as the audience begins to understand that all hope is not lost and that recovery and joyful living is within their grasp. **\$199 + S&H**

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Connecting



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will provide you with the tools for recovery from the negative effects of childhood damage, received by a parent and then passed on to the next generation. You will learn the skills you need to pass on positive qualities and have satisfying relationships with your own children. **\$89 + S&H**

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Touch Me

If I am your child... Please touch me.
Persist; find ways to meet my needs.
Your goodnight hug helps sweeten my dreams.
Your daytime touching tells me how you really feel.

If I am your teenager... Please touch me.
Don't think because I'm almost grown,
I don't need to know that you still care.
I need your loving arms; I need a tender voice.

If I am your friend... Please touch me.
Nothing lets me know you care like a warm embrace.
A healing touch when I'm depressed assures me I am loved,
And reassures me that I'm not alone.
Yours may be the only comforting touch I get.

If I am your life's partner... Please touch me.
You may think that your passion is enough,
But only your arms hold back my fears.
I need your tender reassuring touch, To remind me
I am loved just because I am me.

If I am your grown-up child... Please touch me.
Though I may have a family my own to hold,
I still need Mommy's and Daddy's arms when I hurt.
As a parent the view is different; I appreciate you more.

If I am your aging parent... Please touch me.
Hold my hand, sit close to me, give me strength;
And warm my tired body with your nearness.
Although my skin is worn and wrinkled, It loves to be
stroked

Don't be afraid.

Please Touch Me!

Comfort

One touch can "speak" volumes and convey your love, acceptance and support. For example, a woman, who had been recently widowed, tells of being overcome with grief at a Christmas Eve service following her husband's death. Sitting next to her was a 10-year-old girl, who noticed the woman's tears. "I felt my little neighbor's small hand creep up into my lap," the grieving woman says. "She took my hand and gave it a comforting squeeze. My heart swelled."

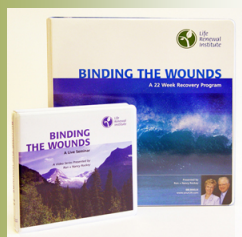
Everyone should remember hands were designed to do many different tasks. One of the best uses is to convey love, warmth, caring, understanding and acceptance. So, reach out and touch someone--it's healthy!

http://findarticles.com/p/articles/mi_m0675/is_n6_v9/ai_11489808/pg_2/?tag=contentcoll



Comments

I was introduced to Binding the Wounds just recently. And I find the answers of most of my questions about my dysfunctional life. I still have questions that need answered. But it's refreshing to find someone that has answers from the Bible to help the healing of my lifeThank God for you ~Mari



A Note From Sweden

Hi, I have hear your program □ Binding the Wounds in internet tv, esperanzatv.org I'm very interest in this program and I will to have all the series, 22 chapters. We living in Sweden. We will to beginning a webradio here in with program in Swedish, Spanish and English. We know at the webradio is to all the world but we thinking have all the programs only to the people that living in Sweden. Sometime we meet different group of friends at we get them bible studies, we used very much the computer and DVD with program I downloading from internet ("it's written" to example). We don't have some monetary help to get this material to other people and because that we need and look after bible and others material for free. Dou you things you can help us with the program (Binding the Wounds) "Sanando heridas"? We like this program very much and we want to show this to our friends in the church and our groups and send the audio by webradio. We hope at you can help us in our workshop. IMPORTANT NOTE: WE DON'T SPEAK ENGLISH. YOU CAN SEE AT MY ENGLISH IS NOT GOOD SO IF YOU SEND MATERIAL TO US PLEASE SEND THIS IN SPANISH. WE WORK WITH PEOPLE FROM SPAIN AND SOUTH AMERICA. We will be thank you very much

Best regards,

Germán & Erika Caceres Brastad - Sweden

***If you have been blessed by this program and would like to help others like the group above benefit from this program, send donations to Fixable Life Inc., PO Box 1062, Alto, New Mexico 88312 or [Donate online here.](#)



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with Ron & Nancy Rockey
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Ron and Nancy are available for live seminars in your area. The seminars are typically 12—18 hours in length and are usually held on a weekend. They travel internationally, and prefer to work in a classroom setting. Their unique style includes team lecturing, interacting with each other and the audience and modeling healthy conflict resolution. If you would like to have Ron and Nancy present a weekend seminar in your area, please contact Rockey@itsfixable.com

Upcoming Live Events 2009

Date	Place	Seminar
Oct. 26 - 31	Portland, OR	EIDO
Dec. 5 - 6	Fairbanks, AK	Why?
Dec. 30 - Jan. 3	Camp Kulaqua, FL	Singles Retreat

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Who to Contact

Editor:

Audrey Woods
audrey@yourlri.com

Product Orders:

Chana Kostenko
888-800-0574

General Info:

info@fixablelife.com

Planning a Live Seminar:

Audrey Woods,
audrey@yourlri.com

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Consistently expressing sincere and heartfelt gratitude for what you already have is the underlying and often overlooked force which opens doors to immeasurable abundance and happiness

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Subtotal of Books (enter on reverse side)					

	Title	Qty.	Price ea.	Total	B/O
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	22 Week Notebook - Binding The Wounds		\$25		
	22 Week Notebook in Spanish - Binding The Wounds		\$25		
	22 Week Small Group – BTW (English) – DVD + 2 Notebooks		\$249		
	22 Week Small Group – BTW (Spanish) – DVD + 2 Notebooks		\$249		
	Binding The Wounds – CD – audio seminar		\$99		
	Binding The Wounds – DVD – video seminar		\$199		
	Connecting – CD		\$89		
	Created for Success – DVD – with 2 workbooks		\$199		
	Journey to NAI – facilitator copy		\$35		
	Journey to NAI – student copy		\$10		
The Journey Small Group Recovery Program - Authors Drs Ron and Nancy Rocky					
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	Passenger Notebook		\$49		
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	RING BINDERS (with purchase of The Journey Notebook)		\$0		
Misc.					
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